CORPORATE YOGA & WORKPLACE WELLBEING

Corporate Yoga

Classical yoga, breathing and meditation for the working day: from a weekly class to a team day retreat.

Avana Yoga is a traditional yoga school and a Yoga Alliance Registered Yoga School. We teach yoga as it has been taught in India for generations, and in a workplace we keep it simple and useful: time away from the screen, a body that has moved, and a mind that has had a few quiet minutes. No experience or particular fitness is needed. We have taught teams at IT companies and educational institutes.

Ways to practise together

Workplace yoga: movement, breathing and relaxation, gentle or more active

Chair yoga and movement breaks: for offices and meeting rooms, no mat needed

Breathing and meditation: a quiet moment in a busy day

Wellbeing workshops: one theme, practice and ideas to take home

Team day retreats: yoga, meditation, Yoga Nidra and time outdoors

Programmes

Lunchtime series 6 OR 8 WEEKS

Wellbeing day HALF OR FULL DAY

Team or leadership retreat ONE DAY OR LONGER

Talk and practice ONE-OFF
Stress Awareness Month, Mental Health Awareness Week, International Day of Yoga, World Mental Health Day

Why a teacher-training school

We train yoga teachers. The standard in your meeting room is the one we hold our trainees to.

A team, not one person. Led by Yogi Madhav and teachers chosen for each programme.

Depth made practical. Rooted in the classical tradition, simple enough to use at a desk.

Fully insured. £5 million liability insurance, UK and worldwide.

Practical details

Where: your workplace, a venue we arrange, or online. Anywhere in the UK, and abroad for special programmes.

Group size: no fixed size; we plan around your numbers.

Equipment: we can provide mats and props.

Everyone welcome: chair options and adaptations for injuries and pregnancy.

Cost: a tailored quote for every programme.

Plan something for your team

Tell us about your organisation and what you would like to arrange. We reply with ideas and a tailored quote within two working days.

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